

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application.

Listing of Claims:

1. (original) A process of lowering blood cholesterol in an animal comprising feeding the animal a composition comprising an effective amount of at least one vegetable protein, at least one phytosterol and at least one isoflavone and at least 7 wt% polyunsaturated fatty acid moieties, wherein the vegetable protein, phytosterol and isoflavone synergistically lower the blood cholesterol.
2. (original) An ingestible composition comprising a cholesterol lowering effective synergistic amount of vegetable protein, phytosterol and isoflavone and at least 7 wt% polyunsaturated fatty acid moieties.
3. (original) The process according to claim 1 wherein said isoflavone is selected from the group consisting of genistein , daidzein and glycitein.
4. (original) The process according to claim 1 wherein said phytosterol is selected from the group consisting of Beta sitosterol , Beta sitostanol, campesterol and stigmasterol.
5. (original) The process according to claim 1 wherein said composition includes less than 4 wt. % dietary fiber.
6. (original) The process according to claim 1 wherein said composition includes less than 3 wt. % dietary fiber.
7. (original) The process according to claim 5 wherein said composition includes no dietary fiber.

8. (original) The composition according to claim 2 wherein said composition includes less than 4 wt. % dietary fiber.
9. (original) The composition according to claim 2 wherein said composition includes less than 3 wt. % dietary fiber.
10. (original) The composition according to claim 2 wherein said composition includes no dietary fiber.
11. (original) The process according to claim 1 wherein said vegetable protein includes soy protein.
12. (original) The composition according to claim 2 wherein said vegetable protein includes soy protein.
13. (original) The process according to claim 1 wherein the animal is a human.
14. (original) The process according to claim 1 wherein the process comprises feeding the animal more than one serving of one or more foods.
15. (currently amended) The process according to claim ~~[[1]]~~ 14 wherein said one or more foods includes at least one serving of spreads.
16. (currently amended) The process according to claim 1 wherein the composition further comprises calcium salt at less than 0.5 wt. % calcium salt.
17. (original) The process according to claim 16 wherein the composition comprises less than 0.1 wt.% calcium salt.
18. (original) The process composition according to claim 2 wherein the composition further comprises calcium salt at less than 0.5 wt. % calcium salt.

19. (original) The composition according to claim 18 wherein the composition comprises less than 0.1 wt.% calcium salt.
20. (original) The process according to claim 1 wherein the composition comprises calcium at less than 0.5 wt. % calcium measured as calcium.
21. (original) The process according to claim 20 wherein the composition comprises less than 0.3 wt.% calcium, measured as calcium.
22. (original) The process composition according to claim 17 wherein the composition comprises less than 0.1 wt. % calcium measured as calcium.
23. (original) The process according to claim 2 wherein the composition comprises calcium at less than 0.5 wt. % calcium measured as calcium.
24. (original) The process according to claim 23 wherein the composition comprises less than 0.3 wt.% calcium, measured as calcium.
25. (original) The process composition according to claim 24 wherein the composition comprises less than 0.1 wt. % calcium measured as calcium.
26. (original) The composition according to claim 18 wherein the composition comprises less than 0.1 wt.% calcium salt.
27. (original) A process of lowering blood cholesterol in an animal comprising feeding the animal a composition comprising from 1 to 25 g of at least one vegetable protein, from 0.2 to 3 g of at least one phytosterol, [[and]] from 5 to 150 mg of at least one isoflavone, and at least 7 wt% polyunsaturated fatty acid moieties.
28. (original) An ingestible composition comprising a cholesterol lowering effective synergistic amount from 1 to 25 g of at least one vegetable protein, from 0.2 to 3 g of at least one

phytosterol [[and]] from 5 to 150 mg of at least one isoflavone, and at least 7 wt% polyunsaturated fatty acid moieties.

29. (original) A process of lowering blood cholesterol in an animal comprising feeding the animal per day from 1 to 25 g of at least one vegetable protein, from 0.2 to 3 g of at least one phytosterol [[and]] from 5 to 150 mg of at least one isoflavone, and at least 7 wt% polyunsaturated fatty acid moieties.

30. (New) The process according to claim 1 wherein said composition includes less than 1 wt% dietary fiber.

31. (New) The process according to claim 1 wherein from the composition comprises 1 to 25 g soy or other vegetable protein, from 5 to 150 mg isoflavone and up to 1.7g phytosterol.

32. (New) The process according to claim 31 wherein the composition comprises from 0.2 to 1.7g phytosterol.